**Topic 3: Talk about how you take care of your appearance**

Taking care of my appearance is a good habit. I’m happy with my appearance, and it holds quite a significant place in my life. I prioritize inner over outer beauty, it emanates warmth and kindness. However, I also think it's important to take care of how I look on the outside. I take care of my skin every day to keep it fresh and make sure to regularly spend time on my hair. I use shampoo and conditioner that match my hair. I brush my teeth with toothpaste and rinse with mouthwash for dental care. I usually go to the nearby hair salon alone, and I only pay 30,000 VND for just a haircut. Cosmetic surgery can make people feel more confident and has changed lives for some. However, it also comes with many risks and doesn't always deliver the expected results. If I had the money, I wouldn't undergo cosmetic surgery because I'm happy with my appearance.

**Topic 4: Your eating habbit**

For my daily meals, I usually eat a mix of protein, carbohydrates, and vegetables to keep it balanced. I usually eat healthy, but sometimes I eat unhealthy foods. Healthy eating means having lots of fruits, vegetables, proteins, etc. And the unhealthy habit is consuming too much sugar, oil, etc. I've heard of the vegetarian diet, which means eating fruits, vegetables, tofu, etc. I think my grandparents ate healthier because in their time, there weren't as many processed foods available, and they mostly consumed simple, homemade meals that were very good for health. In my country, there are healthy options available, but fast food is becoming more popular, affecting our eating habits. I want to cut down on sugar and eat more organic food. Although organic food costs more because of its complex production. I strongly believe that what we eat affects how long we live and our overall health. I eat few large portions of food each day. Traditional Vietnamese foods often contains plenty of vegetables, herbs, and natural ingredients. Some foods can have too much oil or sugar. Overall, these foods can be healthy, but it's important to maintain a balanced diet for good nutrition.